

**US Army Garrison Bamberg  
Safety Office  
informs on**



# Heat Injury





# Heat Injury



**Don't let the Heat Get you  
Down!**

**It's that time of year when the  
heat can get pretty  
unbearable while you're  
working hard outdoors or  
inside a building with no air  
conditioning.**

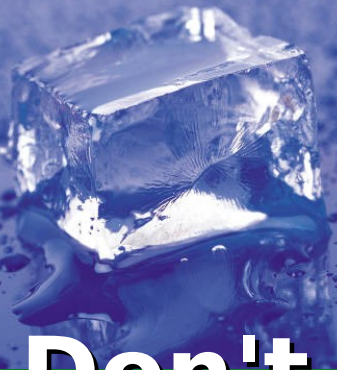


# Heat Injury

**At temperatures above 35 deg. C / 95 deg. F at the workplace, your body starts to overheat because it cannot keep its core temperature of 37 deg. C / 98.6 deg. F.**

**Remember, heat will not only get you down, it can be fatal. Follow these guidelines to lessen stressful conditions:**

**Water intake should equal the amount of sweat produced.**



# Heat Injury

**Don't depend on thirst to signal when and how much to drink. When performing physical work, drink 5-7 oz of fluid every 15-20 minutes. Sports drinks can replace not only fluids but the electrolytes lost during the sweating process.**

A close-up photograph of a single ice cube melting on a surface of water, with small droplets visible around it.

# Heat Injury

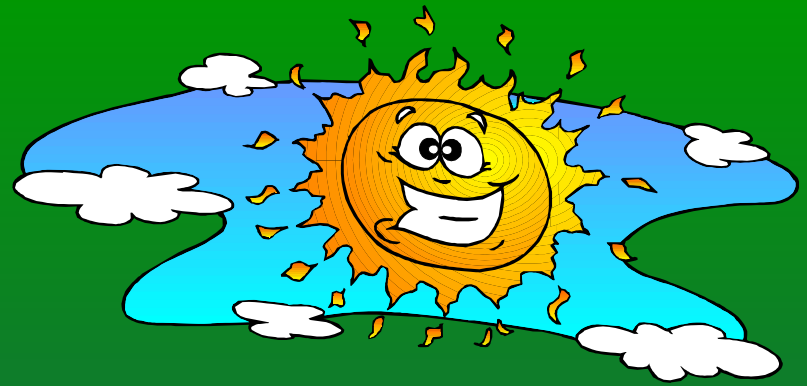


**1. Take frequent short breaks in cool shaded areas or air conditioned rooms, recommended are 10 minutes per hour in a cool area**

**2. Use fans to ease sweating - the evaporation of the sweat cools your body**



# Heat Injury



- 3. Wear light, loose-fitting, breathable (like cotton) clothing**
- 4. Avoid caffeine and alcoholic beverages because they make the body lose water and increase your risk of a heat illness**
- 5. Avoid heavy meals**
- 6. Get plenty of sleep**





# Heat Injury

**7. Slowly build up tolerance to the heat**

**8. Perform the heaviest work in the coolest part of the day**

**9. Learn the signs and symptoms of heat-related illnesses and what to do to help a coworker.**



# Signals of Heat Emergencies

**Heat stroke: Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high - as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry. Occurs when the body's temperature regulatory system fails and sweating becomes inadequate.**





# Signals of Heat Emergencies

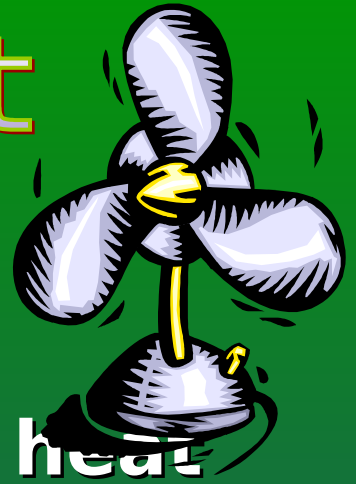
**Heat exhaustion: Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal. Caused by the loss of large amounts of fluid by sweating, sometimes with excessive loss of salt.**



# Signals of Heat Emergencies

**Heat Cramps:** Painful spasms of the muscles that occur among those who sweat profusely in heat, drink large quantities of water, but do not adequately replace the body's salt loss. The low salt level in the muscles causes the cramps.

# Treatment of heat emergencies



**Always get the person out of the heat and into a cooler place. If you are unsure how to treat the emergency rather get medical help!**

**Heat stroke: Heat stroke is a life-threatening situation. Help is needed fast. Call 116 or your local emergency number.**



# Treatment of heat emergencies

**Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems.**

**Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.**



# Treatment of heat emergencies

**Heat exhaustion:** Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.





# Treatment of heat emergencies

**Heat cramps:** Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.







# Heat Injury

**For more information on  
Heat Injury Prevention  
call the Safety Office at**

**DSN 469-1670 or  
CIV (0951) 300 1670.**